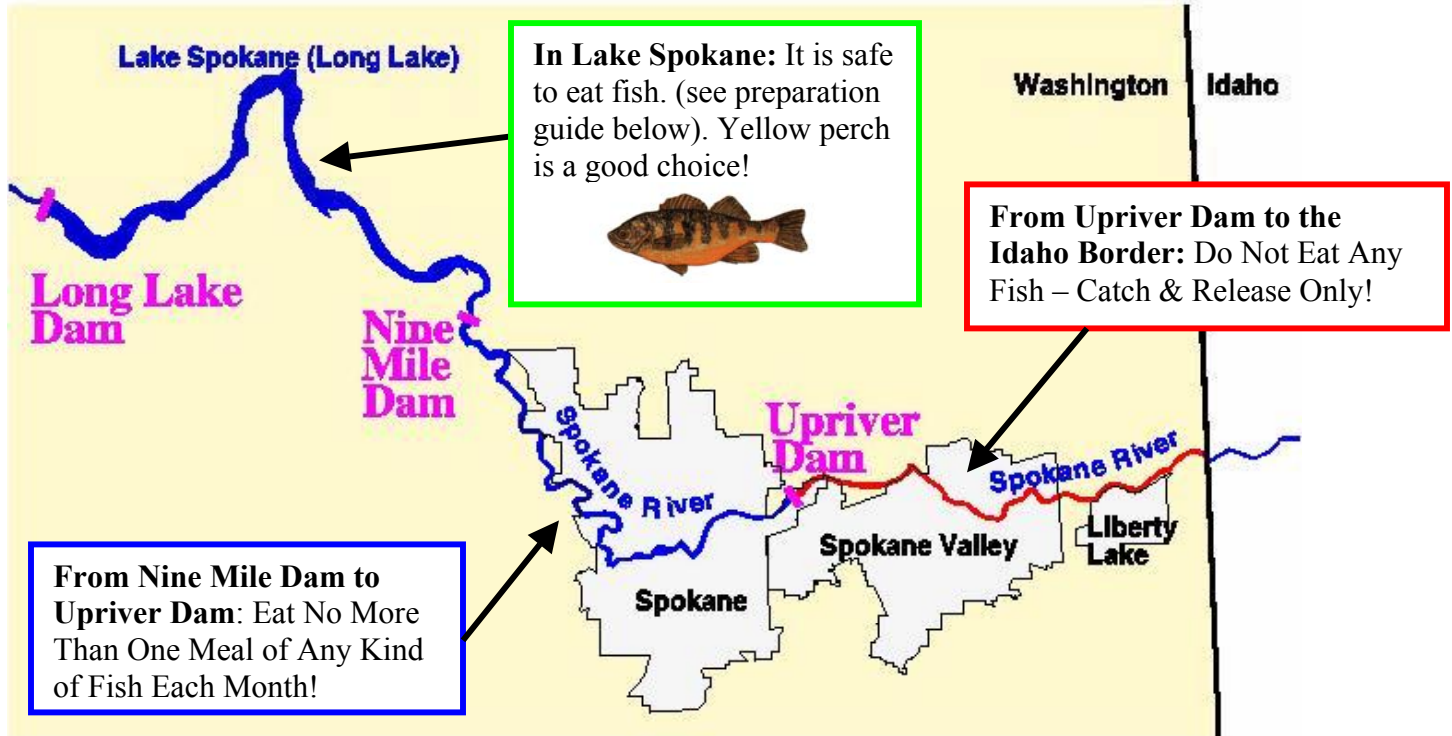


# Spokane River Fish Meal Advisory

Issued July 2003

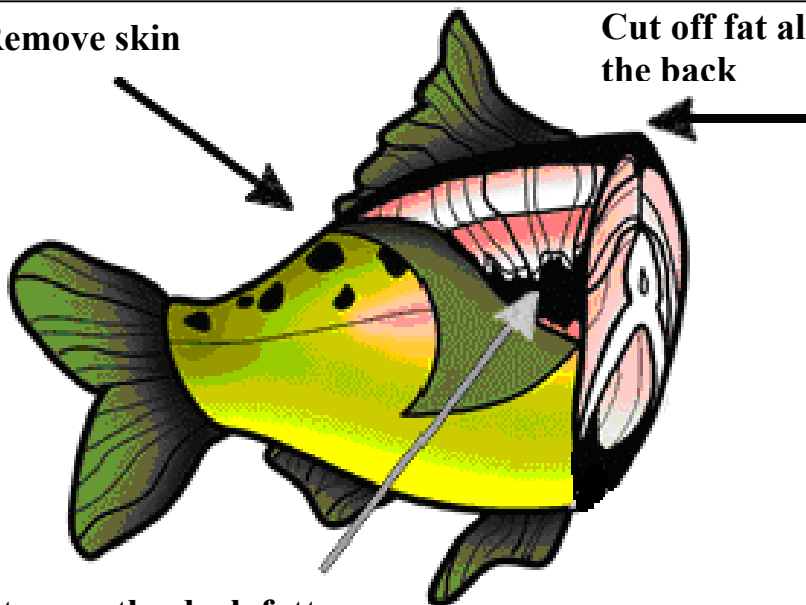
Spokane River fish contain chemicals called PCBs that can be harmful to your health. Fish from some parts of the river have more PCBs than others. Follow the advice given below if you eat fish from the Spokane River. Because PCBs can harm babies before they are born, women who are expecting a baby or planning to have babies should pay special attention to this warning.



## Prepare Your Fish this way to Reduce Your Exposure to PCB's:

Remove skin

Cut off fat along the back



Cut away the dark fatty tissue along the side of the meat near the skin

Cut off the belly fat

- Cook fish on a rack so the juices and fat will drip off.
- Do not eat the juices, bones, organs, fat, and skin.

For More Information Call  
Toll-Free: 1-877-485-7316  
[www.doh.wa.gov/ehp/oehas/  
EHA\\_fish\\_adv.htm](http://www.doh.wa.gov/ehp/oehas/EHA_fish_adv.htm)

or  
Contact the Spokane  
Regional Health District at:  
(509) 324-1574  
[www.srhd.org](http://www.srhd.org)